

## AMENDMENTS TO THE CLAIMS

### **1-19 (Cancelled)**

20. **(Previously Presented)** An actuating assembly for positioning a member relative to a curved arm, the actuating assembly comprising:

    a first member slidably mounted to the arm;

    a second member movably attached to said first member, said second member having at least one engagement member that selectively engages with the arm; and

    a biasing member applying a biasing force between said second member and said first member so as to releasably maintain the engagement of said at least one engagement member with said arm.

21. **(Previously Presented)** A actuating assembly for positioning a member relative to an arm having a plurality of apertures, the actuating assembly comprising:

    a first member slidably mounted to the arm;

    a second member pivotally coupled to said first member and comprising at least one engagement member that selectively engages with one or more of a plurality of apertures of the arm; and

    a biasing member disposed between said first member and said second member and biasing said second member relative to said first member, said biasing member releasably causing the engagement of said at least one engagement member with said one or more of the plurality of apertures.

22. **(Previously Presented)** An actuating assembly for positioning a member relative to an arm, the actuating assembly comprising:

- a first member movably mounted on the arm;
- a second member movably coupled to said first member;
- an engagement member extending from the second member that selectively engages the arm;
- a biasing member releasably applying a biasing force between said first member and said second member so as to releasably maintain the engagement of said at least one engagement member with said arm.

23. **(Previously Presented)** An actuating assembly for positioning a member relative to an arm, the actuating assembly comprising:

- first and second plates pivotally coupled to the member, the first and second plates being mounted on opposing sides of the arm;
- a roller mounted between the first and second plates;
- a first member coupled to the first and second plates;
- a second member movably attached to the first member;
- an engagement member extending from the second member that selectively engages the arm; and
- a biasing member releasably applying a biosync force between said first member and said second member so as to releasably maintain the engagement of said at least one engagement member with said arm.

24. **(Previously Presented)** The actuating assembly as recited in claim 23, wherein the first and second plates each have an aperture therethrough and wherein the arm has an aperture therethrough, the engagement member selectively extending through each of the apertures of the first plate, the second plate, and the arm.

25. **(Previously Presented)** The actuating assembly as recited in claim 23, wherein the arm is a banana arm having a plurality of apertures therein.

26. **(Previously Presented)** The actuating assembly as recited in claim 23, wherein the first and second members are mounted above the arm and the movable member is located below the arm.

27. **(Previously Presented)** The actuating assembly as recited in claim 23, wherein the biasing member is located at an upper portion of the first member and an upper portion of the second member and the engagement member is located at a lower portion of the second member such that the engagement member is selectively extended through an aperture in the arm and an aperture in at least one of the plates.

28. **(Previously Presented)** The actuating assembly as recited in claim 23, wherein the plates are coupled at an upper end thereof to the first member and at a lower end thereof to the movable member.

29. **(Previously Presented)** The actuating assembly as recited in claim 23, wherein a wheel engages a portion of the arm, allowing the handle mechanism to move along the arm.

30. **(Previously Presented)** A resistance assembly configured to provide adjustable resistance to a motion of an exercise mechanism of an exercise device, the resistance assembly comprising:

an arm having a first end pivotally coupled to a frame of the exercise device, a second end cooperating with the exercise mechanism such that movement of the exercise mechanism moves the arm, and a plurality of holes spaced apart between said first end and said second end;

an actuating assembly moveably selectively coupled to said arm and one or more of said plurality of holes; and

a resistance member coupled to said actuating assembly such that (i) movement of the exercise mechanism of the exercise device results in the movement of the resistance member and (ii) movement of the actuating assembly from one of said plurality of holes to another of said plurality of holes selectively adjusts the amount of resistance applied by the resistance member to movement of the exercise mechanism.

31. **(Previously Presented)** A resistance assembly as recited in claim 20, wherein said resistance member comprises a first end and a second end, said first end being coupled to a frame of the exercise device said second end being coupled to said actuating assembly.

32. **(Previously Presented)** A resistance assembly as recited in claim 20, wherein said actuating assembly comprises a motorized mechanism.

33. **(Previously Presented)** A resistance assembly as recited in claim 20, wherein said actuating assembly comprises a connecting member and a handle mechanism coupled to said connecting member, said handle mechanism being adapted to cooperate with said arm.

34. **(Previously Presented)** A resistance assembly as recited in claim 23, wherein said handle mechanism comprises a first member and a second member spring biased with respect to said first member.

35. **(Previously Presented)** A resistance assembly as recited in claim 23, wherein said second member further comprises an engagement member, said engagement member being adapted to selectively couple with at least one aperture within said arm.

36. **(Previously Presented)** A resistance assembly as recited in claim 23, wherein said handle mechanism comprises a spring-loaded handle configured to selectively couple to said arm.

37. **(Previously Presented)** A resistance assembly as recited in claim 26, wherein said handle mechanism comprises a first member and a moveable member spring biased with respect to said first member.

38. **(Previously Presented)** A resistance assembly as recited in claim 27, wherein said handle mechanism comprises at least one engagement member, said at least one engagement member being adapted to selectively couple to said arm as said spring-loaded handle manipulated.

39. **(Previously Presented)** A resistance assembly as recited in claim 20, wherein said actuating assembly is movably connected to said arm.

40. **(Previously Presented)** A resistance assembly as recited in claim 20, wherein a cable and pulley system couples the arm to the exercise mechanism.

41. **(Previously Presented)** A resistance assembly as recited in claim 20, wherein said resistance member comprises an elastomeric member.

42. **(Previously Presented)** A resistance assembly as recited in claim 20, wherein said resistance member comprises at least one of an elastomeric member and a spring.

43. **(Previously Presented)** A resistance assembly as recited in claim 20, wherein the exercise device further comprises a track coupled to a frame, said track being adapted to receive at least a portion of said resistance member and wherein at least a portion of said resistance member slidably engages with said track.

44. **(Previously Presented)** A resistance assembly as recited in claim 20, wherein said actuating assembly comprises at least one wheel adapted to cooperate with a portion of said arm and aid in moving said actuating assembly along said arm.

45. **(Previously Presented)** A resistance assembly as recited in claim 20, wherein movement of said arm results in movement of said second end of said resistance member.